

Programming for individuals with developmental disabilities

Volume 5 Issue 5

September / October 2007

'Hot Summer Nights' Dance

When: September 22
Where: Norman Park Center
270 'F' St.
Time: 7:00 P.M. - 9:00 P.M.



*It's Pirate night.
Wear your pirate costumes!!!*

'Monster Mash Dance'

When: October 27
Where: Norman Park Center
270 'F' St.
Time: 7:00 P.M. - 9:00 P.M.

Come enjoy a howlin'
good time!
Prizes for best costume,
scariest, and most creative!



Members:	FREE!!!
Resident:	\$6.00
Non-resident:	\$7.00

Join us for a night of fun, dancing , refreshments, & raffle prizes.

*Now
Accepting*

Therapeutics Membership 2007 - 2008

Membership is **not** required to
attend
recreation programs.

Optional yearly membership is
accepted September through

August. Take advantage of the benefits:

Free dances, discounts on fieldtrips, classes, special
events!

Includes : Member I.D. card and a T-shirt with registration.

RESIDENTS: \$44.00

NON-RESIDENTS: \$56.00

Membership is accepted at all our programs *or*
by mail:

City of Chula Vista
Recreation Department
Attn. Therapeutics Section
373 Park Way
Chula Vista, CA 91910

Make checks payable to:
City of Chula Vista



Call for more information:
(619) 409-5800

Cooking Class

Parkway Community Center – Kitchen
373 Park Way
Saturdays
11:00 A.M. - 1:00 P.M.

Ages: 6–Adult

Cooking Class will meet twice a month and focus on table set-up, food preparation, nutrition education and clean-up skills. Class size is limited to 8 participants. **Call to register.**



September 8 & 29

October 6 & 20

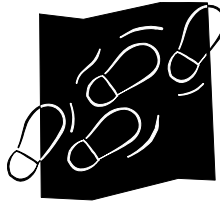
Members:	\$2.00
Resident:	\$4.00
Non-resident:	\$6.00

Free Style Dance

Parkway Community Center
373 Park Way
Wednesdays, September 5 - October 24
6:00 P.M. - 7:00 P.M.

Ages: 6–Adult

It's a fun way to exercise & learn new dance steps. Learn basic hip-hop steps & movements to your favorite songs in this 8-week class.



COST:

Members: \$22.00

Resident: \$27.00

Non-resident: \$33.00

Aerobics 101

Parkway Community Center
373 Park Way
Tuesdays, September 4 & 18 and October 2 & 16
6:00 P.M. - 7:00 P.M.

Ages: 6–Adult

A low impact cardiovascular workout for those with developmental disabilities includes: stretching, strength training, toning, aerobic movements and steps.

COST:

Members: \$2.00

Resident: \$5.00

Non-resident: \$10.00

-each class-

Twilight Matinee

Chula Vista Woman's Club
357 'G' Street
Thursdays
September 6 & 27 / October 11 & 25
6:00 P.M. - 8:00 P.M.

Ages: 6–Adult

Come join us for a relaxing movie night!! We'll watch a good movie and have some great tasting popcorn.

Participants will have the opportunity to meet new friends, socialize & view a movie.

**FREE
Family Night!!!**



(619) 409-5800

Leisure Bowling

Brunswick Premier Lanes
845 Lazo Court, Chula Vista
Sundays
September 30 - December 9
3:30 P.M. - 5:30 P.M.



**No Bowling Thanksgiving
Holiday
November 25**

Ages: 6-Adult

Leisure bowling is designed for active children, teenagers, and adults with special needs. Awards & pizza party are held the last day of the session.

**NOTE: Bowling fees
must be paid in cash.**

MEMBERS: \$24.00 registration + \$7.00 weekly bowling fees
RESIDENT: \$28.00 registration + \$7.00 weekly bowling fees
NON-RESIDENT: \$34.00 registration + \$7.00 weekly bowling fees

Nature In Your City

Memorial Park
373 Park Way, Chula Vista
Mondays, September 10 - October 8
4:30 P.M. - 5:30 P.M.



Ages: 12-Adult

Taught by a Naturalist, discover the nature in your own neighborhood.
Topics to be covered: plants, animals, insects and weather.

COST:
Members: \$2.00
Resident: \$4.00
Non-resident: \$6.00

Basketball One on One

Parkway Community Center
373 Park Way
Tuesdays
September 11 & 25 / October 9 & 23
6:00 P.M. — 7:00 P.M.
Ages: 6-Adult

Free instruction in basketball basics. Participants will learn ball handling skills, dribbling, passing, shooting and team play.



Bicycle Rodeo *Special One Day Event*

Greg Rogers School Parking Lot
510 East Naples St.
Saturday, September 15
11:00 A.M. - 1:00 P.M.

Come join the fun....For **FREE!** A bike rodeo for children, teens and adults with special needs. Enjoy refreshments, learn bicycle and helmet safety, handling skills, minor bike repairs, and an obstacle course.



SPECIAL THANK YOU TO THE FOLLOWING:

Family Autism Mentoring Program

Scripps Well Being Center

311 Del Mar Ave., Chula Vista

Tuesday, September 18

5:15 P.M. - 6:15 P.M.

Friday, October 12

12:30 P.M. - 1:30 P.M.

The Mentor Program serves families new to the autism diagnosis by offering personal support, resources and problem solving.

RSVP: (619) 887-1475 or (619) 409-5800

Blackie's Trophies & Awards

Mr. Bill Black

263 3rd Ave.

Chula Vista, CA 91910

(619) 585-4830

North Island Credit Union

Mrs. Susan Skillman

45 North Broadway

Chula Vista, CA 91910

Von's Grocery

John Smith, Manager

620 Dennerly Rd.

San Diego, CA 92154

Ralph's Grocery

Steve Holden

659 East Palomar

Chula Vista, CA 91911

Ralph's Grocery

Michelle Roe

780 Otay Lakes Rd.

Chula Vista, CA 91910

Henry's Market

Emily Kamish, Manager

690 3rd Avenue

Chula Vista, CA 91910

(619) 409-7630

Inclusion Philosophy

The City of Chula Vista Recreation Department is dedicated to serving the needs of the community through inclusion. Persons with special needs are encouraged to participate in Department programs.

Two-week notice required for assistance.

Contact Recreation Supervisor, Carmel Wilson, C.T.R.S.
at (619) 409-5800.



**CITY OF
CHULA VISTA**
Recreation Department

Therapeutics Section

373 Park Way

Chula Vista, CA 91910

www.chulavistaca.gov/rec